

HERITAGE CENTER

2018

Recreation for 55+

February

From the Director's Desk

I love February! It is a short month with lots of events such as the Police and Firemen's lunch, Mardi Gras, and Valentine's Day. Before you know it Spring will be here. What happened to Winter this year? I hope everyone has stayed safe and healthy in this new year. If you have not noticed, we now have a Wall of Remembrance in the East Conference Room (exercise room). There are pictures of our members doing what they love most. Please take a minute and visit the wall. We will soon be getting a flagpole out front. I am excited about this. It has been donated to us by the Parks Department.

Each year we have a **FIRE AND POLICE APPRECIATION WEEK** in February where we invite our Murray firefighters and police officers to enjoy a lunch with our participants. Please mark your calendars for **Tuesday, February 6; Wednesday, February 7; and Friday, February 9** the days the Murray Fire and Police are invited to lunch. The cost of the lunch for one of our public servants is \$5. We are asking our participants to donate what they can as a "thank you" for the services provided by the Fire and Police. Last year, we met our goal of \$400.

2018 Center Closures

Monday, February 19	President's Day
Monday, May 28	Memorial Day
Wednesday, July 4	Independence Day
Tuesday, July 24	Pioneer Day
Monday, September 3	Labor Day
Monday, November 12	Veterans Day
Thursday, November 22	Thanksgiving
Friday, November 23	Thanksgiving
Tuesday, December 25	Christmas Day

2018 Special Events

Tuesday, February 13	Mardi Gras
Friday, March 16	St. Patrick's
Tuesday, April 17	Fraud Symposium
Tuesday, May 8	Mother's Day Tea
Monday, June 11	Summer Kick-off
Monday, September 10	Open House
Thursday, September 20	Dinner Dance
Wednesday, October 17	Oktoberfest
Monday, November 5	Veterans Brunch
Wednesday, November 14	Thanksgiving Meal
Friday, December 7	Holiday Boutique

Inside this issue:

General Information	2
Education	3
Miscellaneous	5
Calendar of Events	6
Recreation	8
Services	9
Fitness	10
Travel	11
Lunch Menu	12

Murray Heritage Center



#10 East 6150 South
Murray, UT 84107

801-264-2635

heritage@murray.utah.gov
murray.utah.gov/140/Heritage-Center
Director: Tricia Cooke

Monday – Friday

8:00 – 4:30

Thursday

8:00 – 9:30

Saturday – Sunday

Closed

Murray City Administration

Mayor Blair Camp
 Parks and Recreation Director: Kim Sorensen
 City Council:
 Dave Nicponski, District 1
 Dale Cox, District 2
 Jim Brass, District 3
 Diane Turner, District 4
 Brett Hales, District 5

Heritage Center Staff

Director	Tricia Cooke
Programming	Maureen Gallagher
	Wayne Oberg
Secretary	April Callaway
Receptionist	Miranda Carter
Ceramics	Cindy Mangone
Meals Supervisor	Scott Harris
Meals Assistant	Chris Miller
Dishwasher	Annie Gardner
Custodian	Don Smith
Volunteer Drivers	Jerry Budd
	Chuck Dillard
	Sonny Jckowski
	Tom Thompson
Building Attendant	Pete Wright

Heritage Center Advisory Board

Erich Mille (Chair)	Christine Clark
Richard Clark	Brenda Clausen
Connie Gardner	Ed Houston
Jenny Martin	Pete Wright
Rod Young	

Heritage Senior Adults, Inc.

DONATIONS made to the Heritage Center go to the Heritage Senior Adults, Inc. which is a 501(c)3 and funds a scholarship program for our seniors.

Pick up your 20% senior discount punch card (60+) at the Front Desk for use at any **CHUCK-A-RAMA** restaurant. The cost is \$1 and Chuck-A-Rama gives the Heritage Center all the proceeds from sale of the cards.

Every time you swipe your rewards card at Smith's, the Heritage Center will earn money through **SMITH'S INSPIRING DONATIONS**, but only if you link your rewards card to us.

Add a tile to the **WALL OF SUPPORT** in the Heritage Center courtyard. Messages can be 3 lines with up to 20 characters per line. The tiles are 4"x 8"x 2½" (\$125) or 8"x 8"x 2½" (\$250) and are engraved using state of the art laser technology. This ensures strength and durability for a lifetime.

The **SCHOLARSHIP** program provides up to \$70 per month for one year to an individual to help pay for activities at the Heritage Center. Applications are available at the Front Desk or on our website.

Miscellaneous Information

Our monthly **NEWSLETTER** is emailed to those who have a current participant account and have provided us with their email address. It is also available for pick-up at the Heritage Center, online at www.murray.utah.gov, or mailed to your home for a \$20 yearly subscription fee. Donations are appreciated for the copies picked up at the Heritage Center and the suggested donation is \$1 per issue. *Previous newsletters are archived online.*

Ask at the Front Desk for a copy of our **CANCELLATION POLICY**. In general, for classes or services the policy is one working day, for trips or special events it is five working days, and for overnight trips it is five weeks to receive a full refund.

The Heritage Center accepts all major **CREDIT CARDS** for activity payments made over the phone or in person. All charges made will show from "Murray City" on your credit card statement.

Inquire at the Front Desk if you need **SPECIAL ACCOMMODATIONS** to participate in activities at the Heritage Center. We will make every effort to assist hearing, vision, or physically-impaired participants if notified at least three working days in advance.

The Heritage Center and Murray City assume **NO LIABILITY** nor take any responsibility for the products and/or services offered through the newsletter as advertising or classified ads. In addition, copy accepted for publication does not involve or imply endorsement on our part.

KidsEat! Fundraiser

The Heritage Center is asking our seniors to participate in a **FOOD GIFTING** fundraiser for KidsEat! There are bins in the Lobby where everyone can help by donating what they can from the selected list of foods needed.

To learn more about KidsEat! visit their website at www.kidseatutah.org.

Foods: Applesauce Cups, BelVita Bars, Chili, Crackers (Graham, Ritz, Saltine), Lasagna, Mac and Cheese, Peanut Butter (8 ounce jars), Individual Oatmeal, Pudding Cups (Non-Refrigerated), Soup, SpaghettiOs, Trail Mix, Tuna, and Vienna Sausage.

Avoid: Beans, Chips, Cookies, Top Ramen, Glass, Expired Foods

Dance Lessons: American Smooth Ballroom

The Heritage Center is offering a five-session **DANCE LESSON WORKSHOP** beginning **Monday, February 5 at 1:00-2:00**. Dates: February 5 and 12, March 5, 12, and 19.

Kyle and Jackie Kidd will be teaching beginning and intermediate level waltz, foxtrot, and single-step swing. Classes are for beginning level dancers; no prior experience required. This is a **free** workshop. [Register now.](#)

Tax Planning for Retirement

On **Tuesday, February 6 at 10:30**, Tyler Petersen will be at the Center to discuss some of the changes in the **TAX LAWS**. Learn how changes to the tax code may impact the taxes you pay in retirement as well as other tax efficient retirement planning strategies. Ample time will be given for questions and answers. This is a **free** class. [Register now.](#)

Cooking Classes

Join our chef, Scott, and learn the fun facts and history of ingredients as we cook our meals. Laurel Fetzer, a local nutritionist, will be assisting Scott. **COOKING CLASSES** will be held **Tuesday and Thursday at 3:00-4:00**. The cost is **\$10** per class. Class size is limited to five so the same information will be provided on both days. Take dinner and the recipe home! [Register now.](#)

February 6 and 8	Chicken Marsala
February 13 and 15	Cast Iron Seared Salmon
February 20 and 22	Chicken Piccata

SLN: Walt Disney Hometown Museum

The **SENIOR LEARNING NETWORK (SLN)** is back at the Center with a live video presentation from the Walt Disney Hometown Museum. Find out about Walt Disney's formative years in Marceline, Missouri from people who have personal knowledge of him. Lots of artifacts and a wonderful story that needs to be heard.

Join us for this interactive presentation from Marceline, Missouri on **Thursday, February 15 at 1:00**. This is a **free** presentation. [Register now.](#)

Readers Theater

The **READERS THEATER** troupe meets **Thursday at 3:00-4:00**. Their first meeting for 2018 will be on **Thursday, February 1 at 3:00**. If you would like to participate, please come and join in the fun!

6th Annual Storytelling Workshop

The Center is pleased to bring back the **STORYTELLING WORKSHOP** in February. The Murray City Cultural Arts Department sponsors this workshop. It will be starting on **Friday, February 23 at 10:00-12:00**. This six-week workshop will run every **Monday and Friday** until Friday, March 30. It is a fun way to get back in touch with stories you remember from earlier days. The first workshop will be an introduction to storytelling and will cover what you may expect to learn from this workshop. This is a **free** workshop. [Register now.](#)

AARP Smart Driving Class

AARP teaches a **SMART DRIVING** class on the fourth Tuesday each month. The next class will be on **Tuesday, February 27 at 9:30-2:30**. [Register now.](#)

The cost is **\$15** for AARP members and **\$20** for everyone else. The instructor will collect the fee. **Make checks out to AARP and pay the day of class. They do not take credit cards.** Bring your AARP membership card and valid driver's license. Check with your auto insurance company about a possible insurance discount for attending this class.

Vital Aging

Rhonda from the **VITAL AGING** project will be available at 10:00 prior to the 10:30 class if anyone would like to visit with her regarding any personal problems or issues you may be having in your life.

On **Tuesday, February 27 at 10:30**, Rhonda will present a new wellness class called **ACHIEVING A HEALTHY MIND, BODY, AND SOUL**. Coping with changes in life can be challenging. However, establishing a health and wellness plan can help you stay independent and enjoy an enduring quality of life. This is a **free** class. [Register now.](#)

Painting Classes

John Fackrell's **WATERCOLOR** class will begin a new six-week series on **Monday, March 5** through **Monday, April 9** at **9:00-12:00**. Cost is **\$33**. Registration begins on Wednesday, February 21.

John and Joan Fackrell's **ART APPRECIATION** class will begin a new six-week series on **Monday, March 5** through **Monday, April 9** at **1:00-3:30**. Cost is **\$33**. Registration begins on Wednesday, February 21.

Sandi Olson's **PAINTING** class will run through **Wednesday, March 14** from **9:00-12:00**.

Crafts

Cindy Mangone's **CERAMICS** class is held at **8:30-12:00** every **Tuesday** and **Thursday**. Cindy can provide help for students of all experience levels. The cost to participate is **\$1.50** each class plus cost of supplies. Supplies and equipment are available to produce knickknacks, works of art, and functional pieces such as plates and bowls.

A small group of **CRAFTERS** meet on **Tuesday** at **12:45-4:00** to share their skills, knowledge, and socialize. Newcomers are welcome. Bring your ideas and projects to share.

We are teaming up with Olympus Ranch Independent Retirement Community and making **VALENTINE CARDS** for their residents. All supplies will be provided during Ceramics (**Tuesdays-Thursdays** at **8:30-12:00**) and Crafters (**Tuesdays** at **12:30-4:00**) beginning **Thursday, February 1** through **Tuesday, February 13**. This is an opportunity for you to share your Valentine wish!

There is no **CRAFTING WITH SUSAN** class in February.

Computer Lab

The **COMPUTER LAB** has six personal computers running Microsoft Windows 10. Computers are available anytime a group class is not being held.

There is no charge to use the computers, but users must sign in and list the computer they are using. Any printing costs **5¢** per page (pay at the Front Desk or in the cash box located in the Computer Lab).

Computer Classes

Bob Beaudoin has one-hour **INDIVIDUAL HELP** appointments on **Tuesday** at **1:00, 2:00, and 3:00**. Bob can assist with computer or device help (except Apple products). Cost is **\$3**. Registration and payment needed in advance.

Glen Siam's **GENEALOGY** class will begin a new five-week series on **Wednesday, January 24** through **Wednesday, February 21** at **12:30-1:30**. A new series will begin **Wednesday, February 28**. This is a **FREE** class. Space is limited to five participants. Register now.

Katy Coombs has one-hour **INDIVIDUAL HELP** appointments on **Thursday** at **2:00 and 3:00**. Katy can assist with computer or device help. Cost is **\$3**. Registration and payment needed in advance.

Sandy Senior Center: Current Events Discussion Group

The Sandy Senior Center, located at 9310 South 1300 East, offers a discussion group focusing on current events and issues of local importance. These groups are open to anyone and are held every other Friday at 10:00. Upcoming discussion topics:

Friday, February 9 (11:00)

OUR CONSTITUTION – Elizabeth Whitsett, attorney and former Adjunct Professor of Law at the University of Utah, will bring her presentation "Some Myths About the U.S. Constitution." See how the historic record gives us sense of who our founding fathers were and what they were thinking in 1787 when they agreed to the text of the Constitution and how it addresses some of the present day challenges confronting our country.

Friday, February 23

OPEN FORUM – What in the news of late refers to the last presentation?

Friday, March 9

SENIOR SCIENCE EVENT – Do you have a science-related project you would like to share? Call 801-440-1002 for an entry form.

For more information, contact the Sandy Senior Center at 385-468-3410.

Birthday Wednesday

Celebrate your **BIRTHDAY** on the first **WEDNESDAY** of the month and you could win a free lunch. The lunch is on us if you're turning 60, 70, 80, 90, or 100 this month—just tell the lunch cashier you've hit a decade! There is free cake and ice cream for everyone to enjoy, too.

February's Birthday is sponsored by Friendship Manor.

Brunch Café

We will not be offering our Brunch Café during February. Please join us on **Tuesday, March 13** for our next Brunch.

Mardi Gras Celebration

Join us on **Tuesday, February 13** at **11:00** as we transform the Heritage Center into downtown New Orleans and celebrate the final day of the Carnival season—**MARDI GRAS**, French for "Fat Tuesday."

A special Cajun meal will be served, including King Cake, while listening to the jazzy sounds of the *Riverton Jazz Band*. Masks will be available for purchase before the celebration or you can bring your own. We'll toss beads and a few lucky participants who find the "baby" in their King Cake will win a prize!

The cost for this fun event will be **\$8** for reserved seats. Purchase one seat or an entire table (six or eight seats).

A special thank you to Jenkins-Soffe Mortuary for helping to sponsor this event.

Valentine's Day Entertainment and Bingo

Celebrate Valentine's starting at **11:30** on **Wednesday, February 14** by enjoying a special Valentine-themed meal while listening to the crooning love songs of Johnny AI at the Heritage Center.

Come eat anytime during **11:30-12:30**. During the lunch hour, we will be honoring Gil and Sherry Avellar, our Volunteer of the Month couple. After lunch, stay with us for a special Valentine's Bingo at **12:45**. No reservation needed. Just come and enjoy!

Volunteers of the Month— Gil and Sherry



Hi! We are Gil and Sherry Avellar. We are so grateful to have been chosen as volunteers of the month! We love to volunteer at the Murray Heritage Center. We primarily help Chef Scott in the kitchen serve the wonderful food he prepares. We really enjoy working in the kitchen to help make

dining at the Center special and enjoyable for everyone. Please say hello to us next time you see us, we'd love to meet you! We really enjoy talking to the fun people that come to the events where we volunteer.

It's hard for us to believe that we have been married for forty years. We both retired about three years ago: Gil was the Director of Planning at Sandy City and Sherry was a Project Control Specialist at Rocky Mountain Power. We love to travel and hike in our local mountains, and we especially love to fly fish together. Gil is a really good wood worker and has built lots of nice wood furniture. Sherry likes to paint, quilt, and garden. We share a house in Sandy with our German Shepherd, Indy, who pretty much runs the joint and who keeps us busy when we aren't volunteering at the Murray Heritage Center.

We hope to continue volunteering at the Murray Heritage Center for a long time since we enjoy it so much. Thanks for making our volunteer efforts so much fun and so rewarding. We really like the staff at the Center—they are wonderful and so dedicated!

Gil and Sherry will be honored on **Wednesday, February 14** at **12:15** during lunch.

December Quilt Raffle

On Friday, December 22 we raffled a gorgeous pieced **QUILT** that was hand-quilted and donated to us by the Intermountain Medical Center Quilters. We raised \$456 for the Center's scholarship program. Scott Harris won the quilt.



Monthly Calendar

2018

Murray Heritage Center

#10 East 6150 South
Murray, UT 84107

801-264-2635

heritage@murray.utah.gov
murray.utah.gov/140/Heritage-Center
Director: Tricia Cooke

Monday – Friday

8:00 – 4:30

Thursday

8:00 – 9:30

Saturday – Sunday

Closed

MONDAY	TUESDAY
9:00 NIA / Watercolor 9:30 Hardware Ranch 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 11:00 Lite Lunch 12:30 Balance / Personal Training 1:00 Dance Lessons 1:00 Art Appreciation 1:00 Movie: 13 Going on 30 2:00 Strength Conditioning	8:30 Ceramics 9:00 Stretch and Tone 9:30 Line Dance 10:30 Beginning Tai Chi 10:30 Tax Planning for Retirement 11:00 Canasta 11:30 Lunch 12:45 Crafters 1:00 Computer Help 2:00 Beginning Line Dance 3:00 Cooking Class
9:00 NIA 9:00 Watercolor 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 11:00 Lite Lunch 12:30 Balance / Personal Training 1:00 Dance Lessons 1:00 Art Appreciation 1:00 Movie: Dirty Dancing 2:00 Strength Conditioning	8:30 Ceramics 9:00 Stretch and Tone 9:30 NO Line Dance 10:30 Beginning Tai Chi 11:00 Canasta / MARDI GRAS 12:45 Crafters 1:00 Computer Help 1:30 Legal Consultation 2:00 NO Beginning Line Dance 3:00 Cooking Class
 HERITAGE CENTER CLOSED	8:30 Ceramics 9:00 Stretch and Tone 9:30 Line Dance 10:00 Utah Cultural Center 10:30 Beginning Tai Chi 11:00 Canasta / 11:30 Lunch 12:00 Medicare Counseling 12:45 Crafters 1:00 Computer Help 2:00 Beginning Line Dance 3:00 Cooking Class
9:00 NIA 9:00 Watercolor 10:00 Storytelling Workshop 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 11:00 Lite Lunch 12:30 Balance / Personal Training 1:00 Art Appreciation 1:00 Movie: Quigley Down Under 2:00 Strength Conditioning	8:30 Ceramics 9:00 Stretch and Tone 9:00 Kingsbury Hall 9:30 Line Dance 9:30 AARP Smart Driving 10:30 Beginning Tai Chi / Vital Aging 11:00 Canasta 11:30 Lunch 12:45 Crafters 1:00 Computer Help 2:00 Beginning Line Dance

WEDNESDAY	THURSDAY	FRIDAY
	8:00 Pickleball Instruction 1 8:30 Ceramics 9:00 Pickleball 10:30 Beginning Tai Chi 11:30 Lunch 11:45 Massage 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance	9:00 Zumba 2 10:00 Yoga 11:15 Chair Aerobics 11:30 Lunch 12:30 Balance Class 12:30 Personal Training 12:45 Bingo 1:00 Bridge
9:00 Painting 7 9:00 Haircuts 9:15 Pinochle 10:00 Yoga / Transportation 11:15 Chair Aerobics 11:30 Birthday Wednesday Lunch 12:30 Genealogy / Tax Assistance 12:45 Bingo 1:00 Bridge 	8:00 Pickleball Instruction 8 8:30 Ceramics 9:00 Pickleball 10:30 Beginning Tai Chi 11:30 Lunch / 11:45 Massage 1:00 Game Day 2:00 Computer Help 2:00 Strength Conditioning 3:00 Cooking Class 3:00 Readers Theater 7:00 Evening Social Dance	9:00 Zumba 9 10:00 Yoga 11:15 Chair Aerobics 11:30 H.E.A.T. 11:30 Lunch 12:30 Balance Class 12:30 Personal Training 12:45 Bingo 1:00 Bridge 
9:00 Painting 14 9:00 Haircuts 9:15 Pinochle 10:00 Yoga 10:00 Transportation 11:15 Chair Aerobics 11:30 Lunch / Music by Johnny AI 12:15 Volunteer of the Month 12:30 Genealogy / Tax Assistance 12:45 Special Valentine Bingo 1:00 Bridge 	8:00 Pickleball Instruction 15 8:30 Ceramics 9:00 Pickleball 10:30 Beginning Tai Chi 11:30 Lunch 11:45 Massage / 1:00 SLN: Disney 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 3:00 Cooking Class 7:00 Evening Social Dance	9:00 Zumba 16 10:00 Yoga 11:15 Chair Aerobics 11:30 Lunch 12:30 Balance Class 12:30 Personal Training 12:45 Bingo 1:00 Bridge
9:00 Painting 21 9:00 Haircuts 9:15 Pinochle 10:00 Yoga 10:00 Transportation 11:15 Chair Aerobics 11:30 Lunch 12:30 Genealogy / Tax Assistance 12:45 Bingo 1:00 Bridge	8:00 Pickleball Instruction 22 8:30 Ceramics 9:00 Pickleball / 9:30 Toenail 10:30 Beginning Tai Chi 11:30 Lunch / 11:45 Massage 1:00 Game Day 2:00 Computer Help 2:00 Strength Conditioning 3:00 Cooking Class 3:00 Readers Theater 7:00 Evening Social Dance	9:00 Zumba 23 10:00 Yoga 10:00 Storytelling Workshop 11:15 Chair Aerobics 11:30 Lunch 12:30 Balance Class 12:30 Personal Training 12:45 Bingo 1:00 Bridge
9:00 Painting 28 9:00 Haircuts 9:15 Pinochle 10:00 Yoga 10:00 Transportation 11:15 Chair Aerobics 11:30 Lunch 12:30 Genealogy / Tax Assistance 12:45 Bingo 1:00 Bridge		

Cards

Informal **BRIDGE LESSONS** (Chicago/Party) are held on **Monday** at **11:00**.

BRIDGE play is on **Wednesday** and **Friday** at **1:00-4:00**. Some players arrive early to practice and start finding first-round partners. If an even number of players are not available when the play begins, then the last person to arrive will be rotated in or three-handed bridge will be played.

CANASTA is played on **Tuesday** at **11:00-2:30** with a break at noon for the Center's lunch. Beginners are welcome, all games are free and anyone can join in on the fun.

PINOCHLE tournaments are held on **Wednesday** at **9:15**. Players must check in no later than 9:00. No advance sign-up is required. The cost is **\$2** and is paid at check in.

Line Dance

Enjoy some great exercise, stimulate your brain, and meet with friends. **LINE DANCING** is held on **Tuesday** at **9:30** for all dancers and **Tuesday** at **2:00** for beginners. The cost is **\$2** and is paid the day of class and placed in the box on the stage. The instructor is Shirlene Lundskog.

Bingo

BINGO is played every **Wednesday** and **Friday** at **12:45**. Bingo is free, although donations are appreciated. Winners receive a \$5 gift certificate to Macey's or Village Inn Restaurant.

A special **THANK YOU** to **Village Inn** for donating a pie each week for the elimination game and to **Jenkins-Soffe** for sponsoring bingo on the first Friday of each month.

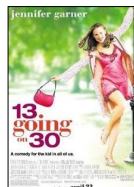
In order to offer the same quality prizes and games of bingo; we are suggesting the following donation amounts: **\$1** for 1-3 cards played; **\$2** for 4-6 cards played.

Game Day

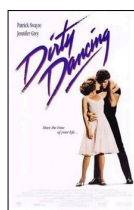
Come join in on **GAME DAY** on **Thursday, February 8** and **Thursday, February 22** at **1:00**. We will have fun playing games like Mexican Train, Rummikub, Dominos, and other board games. We also have Wii games available.

Monday Movie

Join us on **Monday** at **1:00** for a **free MOVIE** and popcorn!



13 GOING ON 30
Monday, February 5
2004 / 98 minutes
Fantasy Romance



DIRTY DANCING
Monday, February 12
1987 / 100 minutes
Romance

CENTER CLOSED

Monday, February 19

NO MOVIE



QUIGLEY DOWN UNDER
Monday, February 26
1990 / 120 minutes
Drama Romance

Evening Social Dance

DANCE to the musical genius of Tony Summerhays each **Thursday night** at **7:00-9:30 pm**. Cost for this activity is **\$5** per person. Light refreshments are served during the break and door prizes are given each week. Advanced registration is not required. Pay at the door.

Each dance is supported by a sponsoring agency which provides the refreshments and a door prize. Last month our sponsors were Village Inn Murray, Village Inn West Jordan, Chuck-A-Rama, Olympus Ranch, Theresa Brandon, Midvale Mining Café, Greg Waldron, and Tony Summerhays.

Pool Hall

Pool tables are available for your recreational enjoyment during the Heritage Center's hours of operation. The equipment is located in the **POOL HALL** at the east end of the building.

Haircuts

Jocelyn Anderson provides **HAIRCUTS** on **Wednesdays** from **9:00 to 11:30**. Haircuts cost **\$9**. Hair washing is an additional **\$4**. The wash is paid the day of your cut at the Front Desk. Appointments are every 15 minutes. Payment is required at time of scheduling. Cancellations need to be made 24 hours in advance for a refund.

Massage

Joanne Payne provides **MASSAGE** on **Thursdays** from **11:45 to 3:45**. Cost is **\$18** for a half-hour or **\$36** for an hour. Payment is required at time of scheduling. Cancellations need to be made 24 hours in advance for a refund. *If you schedule a 30-minute appointment, wear loose clothing for your massage. 60-minute appointments are for one individual only; it cannot be split with anyone else.*

Toenail Clipping

Dr. Scott Shelton provides **TOENAIL CLIPPING** every other month. The next scheduled toenail clipping will be on **Thursday, February 22** from **9:30 to 12:00**. The cost is **\$11**. **Toenail scheduling will begin Thursday, January 25.** Payment is required at time of scheduling.

The doctor is unable to provide toenail clipping services for people who are diabetic or on anti-clotting agents such as Coumadin.

Transportation

TRANSPORTATION to and from the Heritage Center is available for Murray residents on **Wednesday**. The cost is **\$2** for a round-trip ride. Pick-up is between **10:00-10:45** and the return home is around **2:30** after bingo. If you need a ride, call at least one day in advance to sign up.

H.E.A.T. – Home Energy Assistance

A professional from **H.E.A.T.** will be at the Heritage Center on **Friday, February 9** from **11:30 to 1:00** to help people complete their application. You must re-apply for this program each year. The H.E.A.T. program provides winter home heating assistance and year-round energy crisis assistance for eligible low-income households. Information packets are available at the Front Desk. This assistance is **free**. Register now for an appointment.

Legal Consultation

An attorney is available for a 20-minute **LEGAL CONSULTATION** at no charge on the second Tuesday each month. Kyle Barrick will be here on **Tuesday, February 13** from **1:30 to 3:30**. Advance appointments are required.

Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or refer you to other sources for help, but they will not solicit your business. This is a **free** service.

Medicare Counseling

Need help with **MEDICARE** or supplement issues? Sign up now for individualized help on **Tuesday, February 20** from **12:00 to 2:00**. Advance appointments are required. Bring documents related to your questions and a volunteer from Salt Lake County Aging and Adult Services Senior Health Insurance Program (SHIP) will help you. The volunteer comes the third Tuesday each month. This is a **free** service.

AARP Tax Assistance

Volunteers from AARP will be providing free **TAX CONSULTATIONS** and preparation for tax payers with middle and low income who are age 55 or older.

This free and confidential service will be available each **Wednesday** starting **February 7** through **April 11** from **12:30 to 4:00**. Appointments are required and we will open up the complete schedule for reservations on Wednesday, January 31.

By letting you pick a date between February 7 and April 11, we hope this will help in scheduling appointments. Please remember your appointment date and then make sure you cancel in advance if you are not able to attend. This is an extremely popular service and we hate to have the tax volunteers left with empty spots from cancellations and no-shows.

VITA (Volunteer Income Tax Assistance) volunteers will be available on **Thursday** evenings. Appointments are encouraged. Please call 211 to schedule an appointment.

Exercise Classes

NIA

Monday 9:00-10:00

Neuromuscular Integrative Action (NIA) is an expressive fitness and awareness movement program designed to enhance balance and help you move in harmony.

STRENGTH CONDITIONING

Monday and Thursday 2:00-3:00

Build muscular strength and endurance, increase your balance, and improve flexibility.

STRETCH AND TONE

Tuesday 9:00-10:00

Stretching increases flexibility, improves balance, and helps with range of motion.

BEGINNING TAI CHI

Tuesday and Thursday 10:30-11:30

Focusing the mind solely on the movements of form helps to bring about a state of mental calm and clarity.

YOGA

Wednesday and Friday 10:00-11:00

An ancient system of movements and breathing techniques designed to help you relax and rejuvenate your mind and spirit.

ZUMBA

Friday 9:00-10:00

Involves dance and aerobic movements performed to energetic music.

CHAIR AEROBICS (25¢)

Wednesday and Friday
11:15-11:45

Great for beginners, those with standing or balance problems, those who are easily fatigued, or those in a wheelchair.

Exercise Class Fees

- \$3 for each class
- \$30 punch pass with 10 punches (no expiration)
- \$10 or \$15 monthly fee
- \$30 monthly Total Fitness Pass (includes all exercise classes and use of the exercise room)
- Class fees are **not included** in Silver Sneaker or Silver & Fit Medicare Supplement Insurance benefit

Exercise Room

The **EXERCISE ROOM** is open for daily use and contains a treadmill, recumbent bike, hand and leg weights, weight machine, and a strength band wall. The cost is \$1 per day, \$5 for the month, or free if you have Silver Sneakers, Silver & Fit, or Heritage Center's Total Fitness Pass. Ask at the Front Desk for details.

University of Utah Students

The University of Utah Exercise and Sports students will be at the Heritage Center every **Monday** and **Friday** at **12:30-2:00**.

The students teach a **BALANCE CLASS** at 12:30 that can help you improve your fitness levels and increase your endurance, balance, and stretching abilities.

They also offer 30-minute, one-on-one **PERSONAL TRAINING**. Sign up for this service in the exercise room.

This program has become one of our most popular classes as participants enjoy improving their fitness skills. These two classes are included with the Exercise Room fee.

Chakra Meditation

Barbara Battison will present in-depth information about how **CHAKRAS** and **MEDITATION** work. Learn about different ways to take responsibility for your own health. A portion of this class will be spent on meditation and how to activate and keep your chakras balanced.

The new eight-week session will begin **Monday, January 22** through **Monday, March 19** at **10:30-12:00**. The cost is **\$20** for the session or **\$3** per class.

Pickleball

Pickleball is the most exciting sport sweeping the country. Part tennis, part badminton, and a whole lot of fun. This racquet sport is played on a 20' x 40' court that limits the amount of mobility required to play the game.

Play **PICKLEBALL** every **Monday** at **10:15-12:00** or **Thursday** at **9:00-11:00** in the dining room or the outdoor courts (weather permitting). If you are new to the sport, **INSTRUCTIONAL PLAY** is every **Thursday** at **8:00-9:00**.

Hardware Ranch

Enjoy lunch and a sleigh ride among the elk that winter at the **HARDWARE RANCH** (15 miles east of Hyrum). Hardware Ranch was purchased in 1945 by the State of Utah from the Box Elder Hardware Company. The ranch was purchased using sportsmen's dollars generated from the Wildlife Restoration Act. The state established the Hardware Ranch Wildlife Management Area (WMA) as a location to operate a winter feeding program for Rocky Mountain Elk.

The Center bus will depart at **9:30 on Monday, February 5** and return about 4:00. Cost for the day is **\$15** which includes transportation, sleigh ride, and lunch. Registration began Friday, January 12. Dress warm and wear winter shoes or boots.

Utah Cultural Center: Bob Hope, An American Treasure

Presented by the World Golf Hall of Fame and Museum, this exhibit tells the story of the Guinness World Records Book's "most honored" entertainer through a series of 15 themed exhibit display units that celebrate his comedic contributions, achievements in entertainment, relationships with a number of US Presidents, and his other passion—golf. It traces his family's arrival at Ellis Island, life as a part of an immigrant family in Cleveland, his struggles to succeed in New York in entertainment, the success and family life he found in Hollywood, and how golf and his love for the military took him around the world.

The exhibit includes reproductions of more than 200 vintage photos, seven videos, and more than 170 items including an original vaudeville contract from 1922, his Ellis Island medal, and the final set of golf clubs used in his life.

The Center bus will depart at **10:00 on Tuesday, February 20** for the Utah Cultural Center in West Valley City. After the museum, we will have lunch at Cracker Barrel (on your own). Cost for the day is **\$5**. Registration begins Tuesday, February 6 for this trip.

Bus Trip Reminders

- Please park your car north of the light pole in our parking lot to free up space for the daily patrons of the Heritage Center.
- Please remember to bring your own water to enjoy on the trip.
- For Le Bus chartered bus trips, the trip escort will pass around a tip jar to collect tips for the driver. The standard tip is **\$1 per person**.

2018 Overnight Trips

We will be travelling to **TUACAHN** on **Monday, June 4** and returning on **Thursday, June 7**. This year's plays will be Rodgers & Hammerstein's *Cinderella* and Roald Dahl's *Matilda The Musical*. We will be staying at the CasaBlanca Resort and Casino in Mesquite, Nevada.

We have scheduled to attend the **SHAKE-SPEARE FESTIVAL** again this year. We will travel to Cedar City on **Monday, August 27** and return on **Wednesday, August 29**. The play selections have not been made yet.

Please watch our future newsletters for more detailed information.

Kingsbury Hall: Black Violin




High-energy, classically-trained musicians renowned for their ability to meld highbrow and pop culture into a single genre-busting act, **BLACK VIOLIN** mines the synergy among classical, jazz, blues, R&B, and hip-hop. With millions of YouTube followers, virtuoso violinists Kev Marcus and Wil B, plus TK, their masterful accompanying DJ, are redefining the music world, one string at a time. Part maestro, part emcee, this revolutionary group, declared one of the "hottest bands of SXSW," encourages audiences to look at things from a different perspective, to show what can happen when you color way outside the lines.

The Center bus will depart at **9:00 on Tuesday, February 27** for Kingsbury Hall. Cost for the trip is **\$5**. Registration begins Friday, February 9 for this trip.

Wendover

Travel to **WENDOVER** on **Thursday, March 8** and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the cost is **\$20 per person** which includes transportation, bonus package from the casino, buffet lunch, and free bingo on the bus. Depart the Heritage Center at **8:30** and return at approximately **7:00**.

FEBRUARY LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			¹ CHICKEN MARSALA Roasted Garlic Pasta Side Salad Lemon Bar	² PULLED CHICKEN SANDWICH Fried Okra Tarragon Egg Salad Cookie
⁵ LITE LUNCH 11:00 - 12:30 Sandwich \$2 - \$4 Soup \$2 Salad \$2 - \$4	⁶ BRATWURST Pasta Salad Chips Bread Pudding	⁷ PIZZA Garlic Bread Caesar Salad Birthday Cake and Ice Cream 	⁸ TURKEY MINISTRONE Roll Spinach Salad Toasted Coconut Blondie	⁹ SWEDISH MEATBALLS Rice Green Beans 'n Bacon Butterscotch Pudding
Lunch is served everyday between 11:30-12:30 Make your lunch selection and then pay the lunch cashier Sandwiches, soup, or salads available as alternatives Prices range from \$2-\$4 Tickets for Special Events need to be purchased in advance				
¹² LITE LUNCH 11:00 - 12:30 Sandwich \$2 - \$4 Soup \$2 Salad \$2 - \$4	¹³ MARDI GRAS \$8 per person \$64 per table Advance Purchase Required 	¹⁴ SPINACH-STUFFED SALMON Lemon Rosemary Rice Roasted Veggies Red Velvet Layer Cake	¹⁵ CUBAN SANDWICH French Fries Side Salad Cookie	¹⁶ CHICKEN SALAD WRAP Chips Fresh Fruit Ice Cream Sandwich
¹⁹  CLOSED FOR PRESIDENT'S DAY	²⁰ SMOKED PORK RIBS Baked Beans Curried Corn 'n Coconut Rice Cinnamon Roll	²¹ MEATLOAF Mashed Potatoes and Gravy No-Bake Cheesecake	²² CHEESEBURGER Tater Tots Tomato Mozzarella Salad Fresh Fruit	²³ CHICKEN PICCATA Au Gratin Potatoes Roasted Mushrooms Cupcake
²⁶ LITE LUNCH 11:00 - 12:30 Sandwich \$2 - \$4 Soup \$2 Salad \$2 - \$4	²⁷ TILAPIA Rice Pea Salad Caramel-Stuffed Cookie	²⁸ CHILI CHEESE DOG German Potato Salad Brussel Sprouts Pizzelle		